

VOLUNTEER APPLICATION PART II

CHOICES (please put a "1" or "2" for your first and second choice):

Pre-Race Volunteers

Collate Packets

___ July 2, 3:00 pm–5:30 pm

Signage Crew

___ July 11, 9:00 am–Noon (sign logistics)

Athlete Check-In

___ July 12, 9:30 am–1 pm

___ July 12, 12:30 pm–4:30 pm

Health and Fitness Expo: Saturday, July 12

___ 6:00 am–10:00 am (vendor set-up)

___ 1:00 pm–5:00 pm (vendor break down)

___ 10:00 am–4:00 pm (volunteer booth)

Race Day: Sunday, July 13

___ 5:00 am–11:00 am (bike course)

___ 6:00 am–8:00 am (body marking)

___ 7:00 am–Noon (finish line)

___ 6:30 am–11:30 am (hospitality)

___ 7:00 am–12:30 pm (medical aides)

___ 5:30 am–8:30 am (athlete Check-in)

___ 5:30 am–Noon (run course monitor)

___ 6:30 am–11:00 am (signage crew)

___ 7:00 am–Noon (timing crew)

___ 6:00 am–11:00 am (transition zone)

___ 7:00 am–1:00 pm (trash pick-up)

___ 7:00 am–12:30 pm (water station)

___ 10:00 am–1:00 pm (awards ceremony)

Sign up online at
www.carlsbadtriathlon.com

DIRECTIONS:

Volunteer Training:

Wednesday, July 9, 6–7:30 PM

Carlsbad Senior Center

799 Pine Avenue

From I-5 exit on Carlsbad Village Drive and go west one block. Turn left onto Harding Street. Turn right onto Pine Avenue. The Senior Center will be on the left. Park in the rear lot.

Community Health & Fitness Expo:

Pine Avenue Park, 3333 Harding St.;
adjacent to the Carlsbad Senior Center.
(Directions are same as above.)

Triathlon:

From I-5 exit on Tamarack Avenue and go west six blocks to Garfield Street. Turn left or right at the stop sign to find street parking. You will be parking in a residential area and walking one block west to Carlsbad Boulevard (Highway 101). The event will be located along Carlsbad Boulevard, north of Tamarack Avenue. Please be courteous of homes in this area. Do not block driveways. DO NOT park in "no parking" areas or along the railroad tracks or you will be ticketed and towed.



Design by the City of Carlsbad Recreation Graphics Department



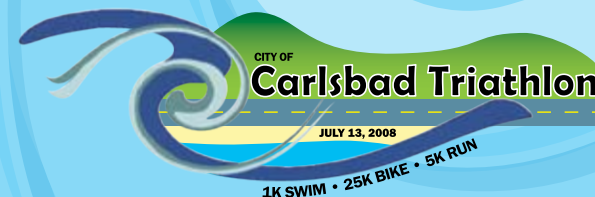
Carlsbad Recreation Department Presents

2008 Health and Wellness Weekend

Volunteer Opportunities



July 12, 2008



July 13, 2008

THE EXPO: Saturday, July 12

The whole family is invited to participate in the Community Health & Fitness Expo. This event will be held at Pine Avenue Park from 10–4 pm. Learn new ways to stay fit and healthy with health oriented seminars, vendors and activities for all ages.



THE RACE: Sunday, July 13

The Carlsbad Triathlon ranks in the world's top 5 longest running triathlons—this is our 27th year! It is a sprint distance race consisting of a 1K swim, 25K bike and 5K run. The race begins at Tamarack Beach at 8:00 am and follows the coastline of Carlsbad past scenic beaches, lagoons and wildlife preserves. Our event draws competitors from local first-timers to seasoned competitors from across the nation. Fans may watch from any point along the course.



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VOLUNTEER JOB DESCRIPTIONS

Athlete Check-in: Register athletes and give out race packets to pre-registrants. Some lifting required.

Awards Ceremony Crew: Set-up & clean-up awards, gather participants for ceremony, present awards and answer athlete & spectator questions as needed.

Body Marking: Volunteers write race numbers on athletes.

Collate Packets: Assist in putting information and samples in athlete's packages.

Expo Assistance: Assist with entertainment, activities, speakers and vendors. Includes set-up and/or tear-down of tents and Expo equipment

Finish Line: Make sure athletes stay in order. Retrieve timing chip and direct to refreshments.

Hospitality/Food Prep: Prepare and serve snacks to the participants after the race.

Run Course/Bike Course: Monitor traffic and explain course and safety to public.

Signage Crew: Assist with making and gathering signs pre-race and hanging banners and signs on race day.

Timing Crew: Help athletes with timing by announcing times during the race and at the finish line.

Transition: Helps ensure that safety rules are followed while participants change from swimming gear to bike gear to running gear.

Trash Pick-up: Clean up trash. This position involves lots of walking and ability to pick-up and lift trash.

Water Stations: Fill water cups and pass out water to athletes. Report injuries, give support.

VOLUNTEER APPLICATION

SIGN UP:

VOLUNTEER ONLINE AT:

www.carlsbadtriathlon.com

FOR MORE INFORMATION

Call Natalie Alegre at (760) 602-7511
or e-mail at triathlonvolunteers@ci.carlsbad.ca.us

DETACH AND MAIL APPLICATION TO:

Health and Wellness Weekend Volunteers
Natalie Alegre
3096 Harding St.
Carlsbad, CA 92008

Name: _____

Street: _____

City: _____

State: _____ ZIP: _____

Telephone: () _____

E-mail: _____

☐ Check box if you would like to be added to our email list.

T-shirt size: S M L XL XXL

YOUR REWARDS:

Enjoy a light dinner at our **mandatory volunteer meeting** on Wednesday, July 9 from 6:00 pm to 7:30 pm at the Carlsbad Senior Center (799 Pine Avenue) to review assignments and receive instructions.

On race day you'll receive a complimentary T-shirt and refreshments to show our gratitude for your dedicated efforts.

PLEASE COMPLETE VOLUNTEER REQUEST FORM ON REVERSE SIDE

detach here